

## Myths and truths about Stretching

- 1) List the apparent advantages of stretching in a fitness or performance program.
- 2) Define Stretch Tolerance Visco-elastic and Analgesic.
- 3) List the 3 hypothesis asked by this study
- 4) What are these researches using to measure the effectiveness of each variable?
- 5) Which tissue is affected most by stretching? Muscle or Tendon
- 6) Based on previous research, How long should an individual stretch be held to increase range of motion?
- 7) What are the apparent benefits of a 30sec stretch vs. 10sec stretch? Is this benefit permanent?

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- 1) Decrease Risk of Injury, Relieve Stiffness, Improve Sport Performance & Increase ROM
  - 2) Stretch Tolerance- How far a muscle or tendon can stretch before pain is intolerable  
Visco-Elastic- combination of visco and elastic properties, Visco substances will stretch over time  
Elastic tissue will stretch and return to its original length  
Analgesic- pain tolerance
  - 3) How Long should we stretch? Should we apply heat and Cold to a stretch. What type of stretch?
  - 4) ROM maintenance of stretch properties
  - 5) Tendon
  - 6) 15-30 sec depending on the individual and health of the tissue
  - 7) 30 sec seems to give optimum benefit

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- 8) Does applying ice or heat during a static stretch have any effect? Why?
- 9) What should recreational athletes do to prevent injury before stepping into a game situation.
- 10) Which type of stretching method has resulted in the greatest increase in ROM? Is this conclusion definitive? Why?
- 11) List (in your own words) the take home points of this study.
- 12) What conclusion have researchers attained regarding safety concerns of different stretching methods?

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- 8) Heat or Ice can increase ROM but not prevent injury
- 9) Warm Up is crucial for injury prevention prior to athletic performance
- 10) PNF then Static then Ballistic
- 11) ROM increased with heat and ice  
Warm-up to decrease injury  
30 sec are sufficient  
Stretching Programs are very Individual  
PNF greatest for ROM and stretch tolerance but can increase risk of injury.

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